

Make the Most of Your Mind (A Fireside book)

Make the Most of Your Mind

Scientists have only recently realized the enormous potential of the human brain—a potential that for most of us remains largely untapped. Here is a straightforward and practical handbook that will teach you how to “turn on” your brain to achieve:

- high-speed problem solving
- right brain logic/left brain creativity
- speed reading and learning
- improved memory

Tony Buzan

author of Use Both Sides of Your Brain and The Brain User's Guide

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评论

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